

Rosemary Infused Garlic Confit

October 3rd, 2020

Prep Time: 00:15

Cook Time: 00:45

Confit (pronounced /kon-'fi/) is an ancient food preservation method that involves cooking food at a low temperature, usually in oil or grease. Garlic Confit can be refrigerated for a few weeks and used as a spread on French Bread or as garlic seasoning. The oil carries a delicious roasted garlic/rosemary flavor and can be used as a replacement for any savory dish that calls for Olive Oil. **WARNING:** Due to the risk of botulism growth, the finished Confit should be stored in the refrigerator and should be kept no more than 3 weeks.

Ingredients:

1 Garlic head: Separate and peel the cloves

1/8 Teaspoon Aleppo Pepper Flakes

1/8 Teaspoon Rosemary Leaves

3 Bay Leaves

Olive Oil to cover all the other ingredients

Directions:

Stove Top Method:

In the smallest pot available, add all the Garlic Cloves.

Add the Aleppo Pepper Flakes, Rosemary, and Bay Leaves.

Add enough Olive Oil to cover the Garlic cloves.

If you have a candy thermometer or a meat thermometer, monitor the heat of the oil.

You should maintain a temperature range between 200-210° Fahrenheit.

Be careful that the thermometer doesn't touch the bottom of the pan while you take your reading. You want to measure the temperature of the oil, not the temperature of the pan.

Heat the oil on medium until you begin to hear mild frying sounds and the Garlic begins to bubble.

If the garlic is frying, the oil is too hot.

Immediately lower the temperature and then simmer, on low for about 30 minutes.

If the temperature starts to get away from you, immediately remove the pan from the heat and let the oil cool for 10 or 15 minutes, then return to a low simmer.

After half an hour of simmering, remove from heat and allow the mixture to cool.

Move the Garlic to a small jar. Pour the Oil into the jar.

Sous Vide Method:

Add the Garlic Cloves to a 4 oz canning jar.

Mix in the Aleppo Pepper Flakes, Rosemary Leaves, and the Bay Leaves.

Fill the jar the rest of the way with Olive Oil.

Lid and tighten the lid finger-tight.

Add to the Sous Vide container and cook at 200°F for 30 minutes.

Remove from heat and allow the mixture to cool.

Discard the Bay Leaves.

Seal the jar and refrigerate up to 3 weeks.

As a variation, you can add Thyme, Cilantro, Fennel Seeds, or other herbs or spices.